

HOW TO COPE IN A HIGH-STRESS ENVIRONMENT

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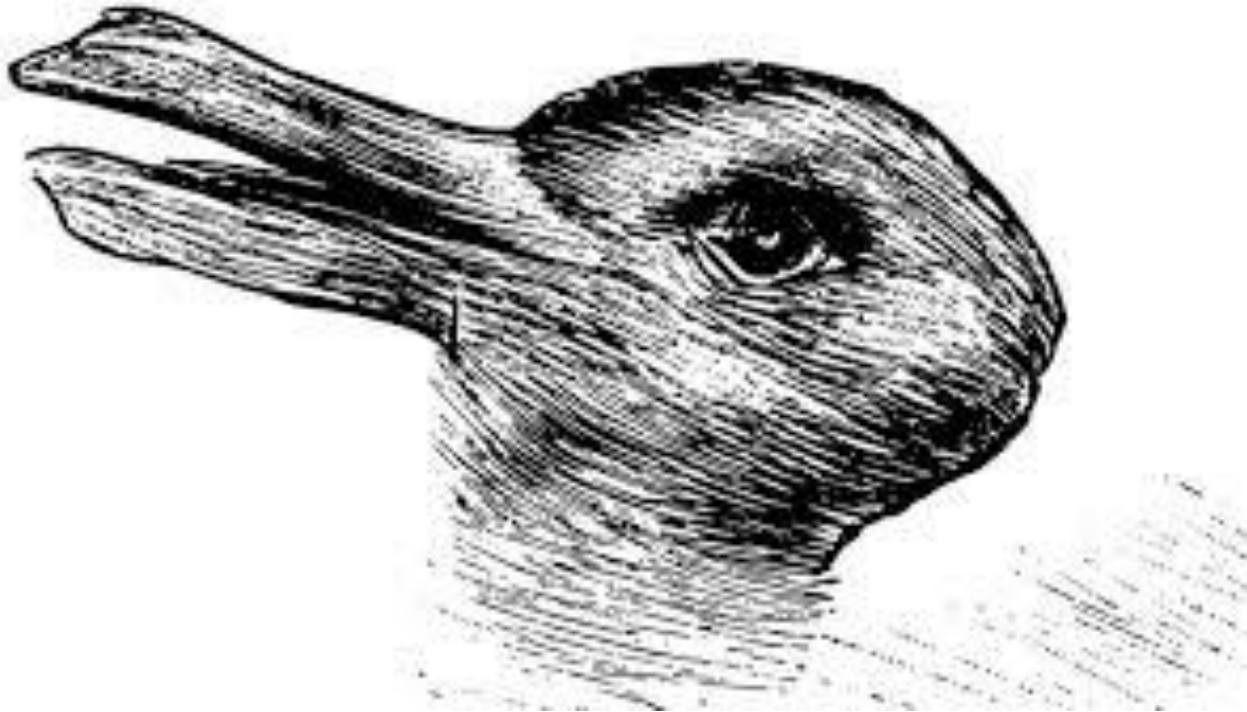
You can't change others behaviour?

- ▶ You can change how you respond to it and how well you recover from it...

What determines Human Response?

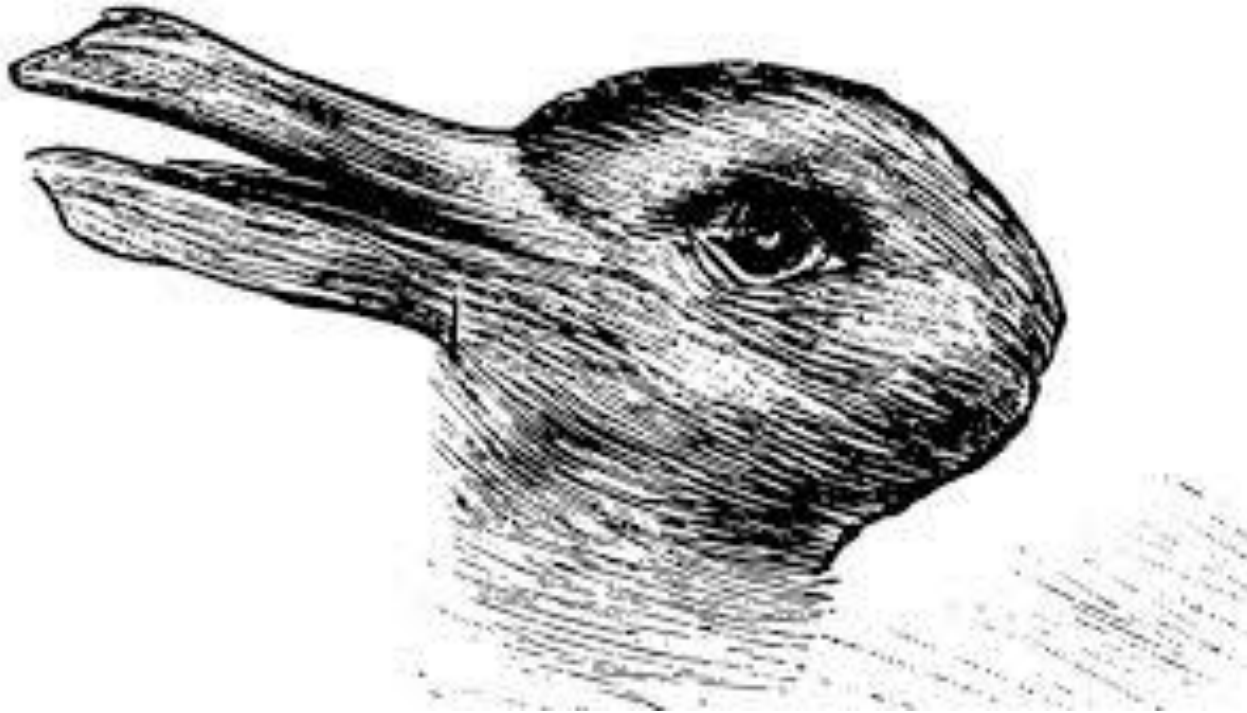
- ▶ Inherent genes...
- ▶ What we learn...
- ▶ Personal influences
 - *Sub-conscious*
 - ✓ Habits
 - ✓ Beliefs
 - ✓ Attitude
 - *Conscious*
 - ✓ Goals
 - ✓ Expectations

The sub-conscious 'Mind in Action'



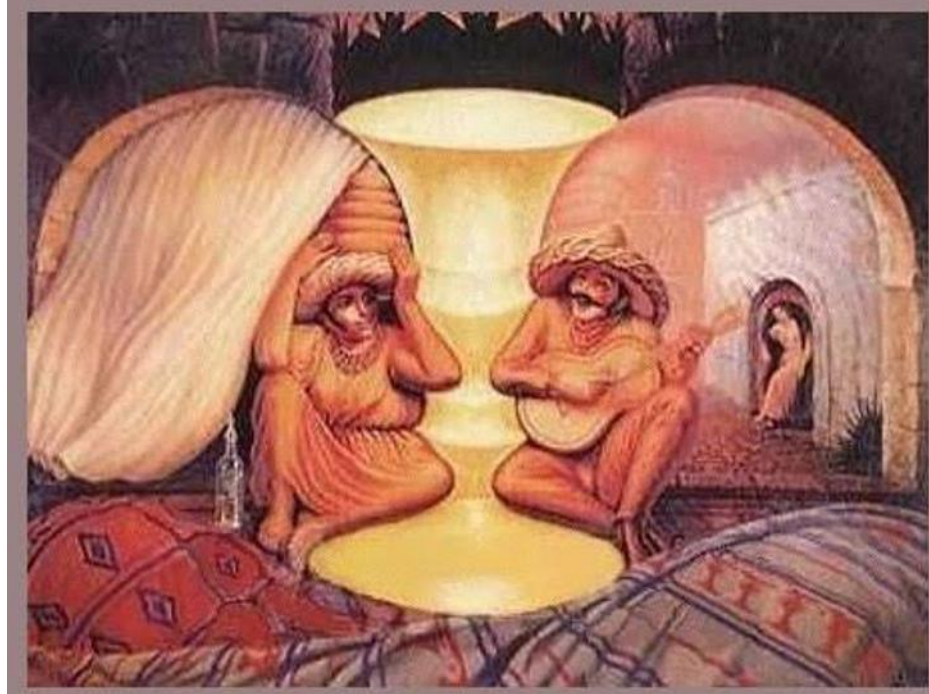
A rabbit

The sub-conscious 'Mind in Action'



A duck

What do you see here?



The sub-conscious beliefs - 'Mind in Action'



The sub-conscious beliefs - ‘Mind in Action’



Work on the subconscious

To master mindfulness you need to:

- ▶ Understand why we react
- ▶ What triggers our automatic response

In order to make a lasting change in mindset you need to:

Change your thinking....

- ▶ From **'HAVE TO'**
- ▶ Into **'WANT TO'**

Breaking the Cycle!

To master mindfulness you need to:

- ▶ Self Talk ...
- ▶ Self Permission ...
- ▶ Turning pessimism into Optimism ...

Emotional self-management techniques

- ▶ Emotional Self-Care Plan
- ▶ Generate Positive Emotions Deliberately
- ▶ Loving-Kindness Practice
- ▶ Keep A Gratitude journal
- ▶ Empowering Energy Release

Empowering Energy Release

- ▶ I invite you to participate in this exercise.
- ▶ Recognise the energy as a result of a Limiting Belief/Decision, Trapped Emotion/Energy or Significant Event.
- ▶ Don't bring up the memory of the occurrence. You don't need to bring up the emotion resulting from the occurrence. You just need to have an awareness of the energy.
- ▶ Close your eyes and take 3 focused breaths.

Self Support:

- ▶ What we want in ourselves ...
- ▶ Use the techniques available, you have to work at it. It doesn't just happen.
- ▶ Practice makes perfect.

Sharing new concepts:

- ▶ What we can share with others ...
- ▶ Cement the practice.



**Buddha said:
The mind is everything. What you think you become.**

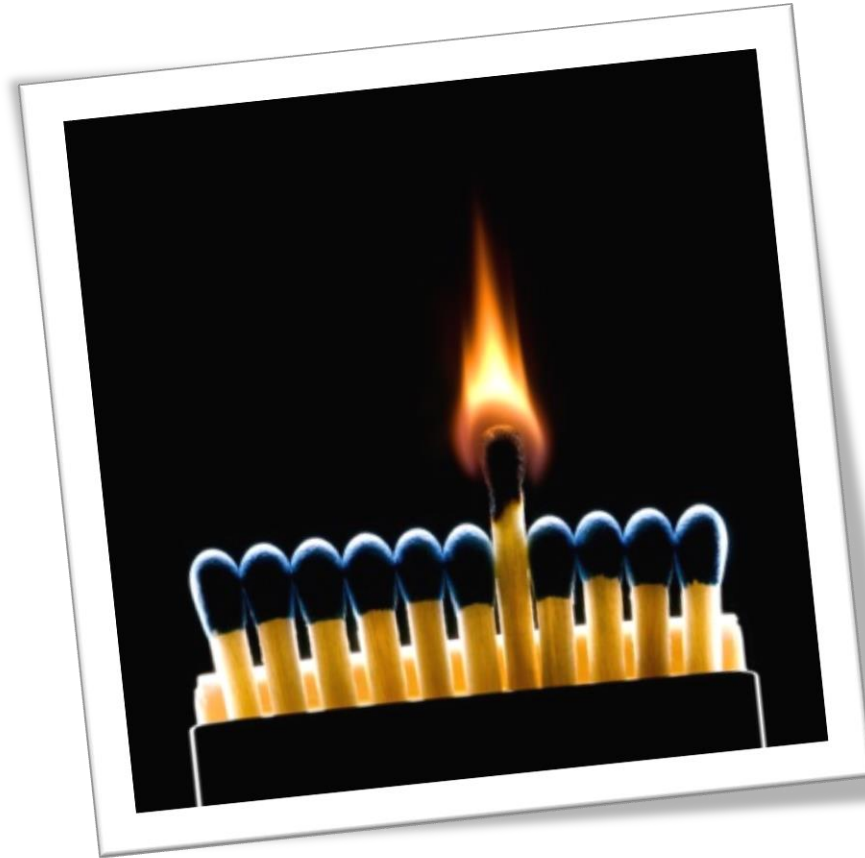
Mindfulness

With meditation, we gain the power to train our mind and tame the negative thoughts that bring us down.

In summary

- ▶ Keys to achieving lasting positive change:
 - Focus on what you want and NOT on what you don't want...
 - Decide on a **Goal** and set the **HOW**...
 - Reflect on our 'self image'

- ▶ By something as simple as changing our 'self talk'
 - We can improve our emotional response to any situation!!!



..... burning questions?